

# REALIZATION

Realizations is a nationwide guide to self awareness, centered in Philadelphia, New Orleans, and Camden. It is published seven times a year and is available on sale for \$2.50. It is available by subscription for \$15.00 per year.

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## ROLFING

by

Jeffrey Galper, Ph. D.\*

Rolfing is a process of deep tissue massage in which the body's connective tissue (tendons, muscles, fascia) is manipulated, stretched and reorganized by a trained and certified Rolfer, over a series of ten sessions. While it frequently produces relief from painful symptoms, such as backache and chronic muscular tension, Rolfing is not a treatment for illness. Rather, it is designed for people who are essentially well, and who want to promote their physical well-being, integrate the mental and physical parts of themselves more fully, and expand their conscious awareness of themselves.

Rolfing was developed over a fifty year period by Dr. Ida Rolf. There are now over 350 Rolfers practicing in the U.S. and elsewhere. The number of people who have been Rolfed is expanding rapidly, as more people come to see its value as part of the larger movement of expanding consciousness and of holistic and naturalistic approaches to promoting physical, psychological and spiritual well-being.

The results of Rolfing are seen in three areas. Physically, bodies lengthen, become lighter in the field of gravity, are more balanced from the left to right, front to back, top to bottom and inside to outside. Rolfing promotes reduced physical tension.

(continued on p.2)

ROLFING (continued from p.1)

People feel taller and straighter, and generally they are, as their "before" and "after" pictures attest.

Psychologically, Rolfing can help people get in touch with issues that have been stored in the body, and help them free themselves from old patterns. As a result, people often experience a period of growth associated with Rolfing, and have more energy and enthusiasm for life. Finally, Rolfing often leads people to feel better about their bodies, to be more accepting of their bodies, and to feel as though "they" and "their bodies" are part of a single unit, and not warring parts.

Rolfing takes place over ten sessions, each designed to work on a different part of the body or on the relationship between parts of the body. Each session lasts approximately an hour, and sessions are spaced so that the entire process takes from two to five months. The Rolfee participates in the process by his or her use of breath during a session, as instructed by the Rolfer, by specific guided movements during a session, and by actively using the new movement possibilities that are created as a result of each session. In these ways, the Rolfee is a very active part of the process of change.

People who have been Rolfed tend to report very favorable results from the process and are quite pleased and excited about it. They find that the results are not only lasting, but that their bodies continue to progress and evolve actively for up to a year after the final session. From my point of view as a Rolfer, I obviously am deeply committed to the value of Rolfing. In addition, I find the work extremely rewarding. It is very supportive to me to be involved with people as they actively create and participate in their own growth experiences. The relationships tend to be rich and loving, which is essential to the fullest success of Rolfing, and are nurturing to me personally. I welcome you to explore this avenue of growth.

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For information call Realizations (215) 566-6049

Additional WEBBERTIME TRAININGS (609) 546-5781

are scheduled Saturdays 1-4:30 - (215) 476-1932

April 3, 10, 17, May 8

Sundays 1-4:30 - April 4, 18, May 9



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-Do you enjoy listening to sharing?

-Do you like to make new friends?

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The purpose of the Creation Workshop is to support others in being who they really are, allowing others to support you in being who you are.

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Open House Nites! - 7:30 p.m.: (Thurs) March 11, (Fri) March 19, (Sat) March 20, (Sun) March 21, (Mon) March 29, (Tues) March 30, (Wed), March 31.

For info. call Realizations (215)476-1932  
(609)546-5781

Send registration to: "Realizations"  
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Send info. about the CREATION Workshop

Name \_\_\_\_\_

Address \_\_\_\_\_

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# OPEN HOUSE!

Mar. 5, Fri., 8:00 p.m. - Swedish Massage

Location - Media, Pa.

Call (215) 566-6049 or (609) 546-5781

Mar. 9, Tues., 8:00 p.m. - Prosperity Training  
Seminars Night

Sponsored by Realizations

Location - Cherry Hill

Registration - 7:00-7:45

Reservations necessary

Call (215) 476-1932 or (609) 546-5781

Mar. 11. Thurs., 7:30 p.m. - Realizations

"Creation Seminar"

Guest event - Sharing, Questions & Answers,  
Closed eye processes.

Location - Philadelphia area

Reservations not necessary

(215) 476-1932 or (609) 546-5781

Additional free evenings (7:30)

March 19 (Fri), 20 (Sat), 21 (Sun),

29 (Mon), 30 (Tues), 31 (Wed)

Mar. 12, Fri., 7:30 p.m. - Reflexology

With Mary Lou Coyne

Location to be determined. (609) 546-5781

Reservations necessary by Wed. March 10

For more info read the article in this issue.

Mar. 22, Mon., 7:30 - Neuro-Linguistic Programming  
(NLP) with Cory deTorres

Location - Philadelphia (Spruce Street)

Registration - 7:00-7:30

Reservations necessary by Mon., March 15

Call Realizations (215) 476-1932, (609) 546-5781

Mar. 23, Tues., 7:30 p.m. - Rolfing

With Dr. Jeffrey Galper

Location - Center City Philadelphia

Registration - 7:00-7:30

Reservations necessary by Tues., March 16

Call Realizations (215) 476-1932, (609) 546-5781

I Talking and Questions

II Rolfing Slide Show

III Rolfing Demonstration

## OPEN HOUSE!

Mar. 24, Wed., 7:30 p.m. - Simply Slim

Location - Philadelphia

Registration - 7:00-7:30

Reservations necessary by Tues., March 16

Call Realizations (215) 476-1932 or

(609) 546-5781

For more info. read the article "Dieters Delight" in this issue.

Apr. 2, 9, 16, Fri., 8:00 p.m. - Fern River Nite

With Gabriel

Location - Realizations, Audubon, NJ

Info: (609) 546-5781 or (215) 476-1932

Reservations necessary

For more info. read the article on Fern River in this issue!

Apr. 2, 9, 13, 16, 8:00 p.m. - Shaklee Nutrition

With Karen Carlson (215) 566-6049 or

(609) 546-5781

Locations - Realizations, Audubon, NJ on April 2, 9, 16; 25 Prices Lane, Media, PA. April 13 only.

Registration 7:00-7:45

Reservations necessary

April 2, 9, 16, May 4, 8:00 p.m. - Realizations

Amway Nite With Gabriel

Location - Realizations, Audubon, NJ

Info: (609) 546-5781 or (215) 476-1932

Reservations necessary

May 11, Tues., 8:00 p.m. - Reflexology Nite

With Mary Lou Coyne

Location - Realizations, Audubon, NJ

(609) 546-5781 or (215) 476-1932

Reservations necessary by Thurs., May 6

For more info. read the article on Reflexology in this month's issue of Realizations.

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## REALIZATIONS READING LIST

SUPERMIND, BY BARBARA B. BROWN, Harper & Row, 1980

"This book offers creative insights into such mental abilities as self-healing, biofeedback, utilization of the unconscious, and the power of the will."

- Stanley Krippner



## FERN RIVER CO. Presents THE SUCCESS TRAINING

Call Realizations for info. at (609)546-5781

The Fern River Opportunity has been created to fulfill the vision of a successful business that supports people in creating sustainable and healthy relationships with each other and in achieving financial freedom.

Fern River manufactures and distributes the "Quantum Nutritional Support Program" and a truly unique and healthy line of personal body care products, all made with the finest and purest ingredients, in an attitude of caring and integrity.

We market these unique products through a new and exciting program that supports you in achieving your own financial goals.

If you are self-motivated and committed to health, if you choose to gain financial independence through supporting the well being and success of others, if you would like to become a co-creator of a new vision of success in business, then explore the Fern River opportunity.

This unique experience has been designed to help you get in touch with the experience of your own potential for success, to learn some of the vital skills necessary to make it real in your life and to introduce you to an opportunity to become financially independent while making a valuable contribution to the well being of others.

NO CHARGE IS MADE FOR PARTICIPATING IN THIS EVENT.

\*\*\*

### GRADUATE EXPERIENCE EVENING

--meet graduates from Insight, est, Lifespring, Simply Slim, Realizations, Prosperity, Silva and more, all in one evening. Make new friends and share life experiences. If interested - write to REALIZATIONS c/o Expressions, 10 N. 13th St. Phila., Pa. 19107 Graduate Experience Evenings are scheduled only upon request by mail.

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Gabriel (609) 546-5781

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## MY EXPERIENCE OF INSIGHT

by

Jaimee Friedman

Never talk to strangers I've been told  
 They can hurt-their touch is cold  
 But I hugged and I have found  
 The touches were warm as I went 'round  
 Strangers felt and smelled so good  
 And what I got to see  
 Is that the stranger was really me  
 I love that stranger with all my heart  
 We're together, we'll never part

Taking care of me is now number one  
 So now I get to have some fun  
 Then I can go on to share this wonderful me  
 If we all do this-what a world it would be  
 I'm scared this joy I might lose  
 But your eyes can be mirrors if they choose  
 So we can help each other to never forget  
 That we are no longer strangers that just met  
 So come on-look at me!  
 Be the person you dare to be!

Today food tastes so good, why?  
 Because I'm alive and flying high!  
 I feel powerful-there's nothing I can't do  
 You see-I exist for me-not for all of you  
 I'm free to love all of you unconditionally  
 You don't have to be what I need-you see  
 It's as if I love, laugh, taste for the first time!  
 Just because I found that heart of mine.  
 Do I sound arrogant-myself is my only care?  
 But to love, you need self-love, I'm now aware.

Today I met a friend who found God is love,  
 I'm really glad he found peace and love  
 But I don't have to look in the sky  
 Because I know my heart won't lie  
 Inside there was always this poetry  
 It wasn't realized until I was free

(continued on p. 34)



# REFLEXOLOGY WHAT IT IS - WHAT IT DOES

by

Mary Lou Cayne

Certified Reflexologist

Call Gabriel at Realizations

(609)546-5781 for information now!

Reflexology has been used by the Chinese for more than 5000 years. However, it was introduced to our profession in 1913, by Dr. William H. Fitzgerald from the University of Vermont.

(Remembering this art of healing is nature's way and nature's way is God's way.)

As circulation in the feet slows down through illness, wearing wrong shoes or lack of exercise--crystalline deposits form at nerve endings. By compression foot massage the deposits are broken up, encouraging the whole body to keep perking along at peak efficiency.

Reflexology works to relax the entire body and restore its function to normal. This is nature's way of getting rid of poisons in the body, and giving it a good "housecleaning".

It isn't necessary to go through life "up tight" because of the pressures of the world today. Just have a foot massage, and see if it doesn't help to cope with your problems.

\*\*\*

## SOMETHING FOR EVERYONE

FOOT REFLEXOLOGY (also called foot massage) is an ancient art from the Orient. It does not imply medical benefits. One most enjoyable session of 45 minutes \$30.00.

Realizations (215)476-1932

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COLLEGE STUDENTS - call about discount subscriptions! (215)476-1932 or (609)546-5781.

## What is REBOUNDING?

It's bouncing lightly or vigorously on a balanced elastic surface. Ideally it's bouncing on the REBOUNDER. A sturdily built miniature trampoline!

### Is It Compatible With Your Physical Condition?

The REBOUNDER can be used by young or old...fit or infirm. Because it's so adaptable, even those confined to wheelchairs can use it. It has so many physical benefits that professional athletes (baseball, tennis, football and more) are using it for training.

### Does It Suit The Purpose You Have In Mind?

If your goal is to get back in shape and stay there, if your're trying to lose a little weight, tone up some flabby muscles, or improve your hand-eye coordination then REBOUNDING is for you.

### Will It Enhance Your Overall Physical Condition?

There is no other exercise that strengthens every cell in your body. REBOUNDING gives all your internal organs: heart, liver, kidneys, etc. a good workout. It even strengthens your bones and makes your skin more elastic and firm. It stimulates and strengthens all the voluntary and involuntary muscles that make it easier for you to pass food through your system.

Few people realize the importance of hand-eye coordination in every day living. Race car drivers and airplane pilots know their lives may depend on it and they're turning to REBOUNDER to help fine-tune their own coordination.

### Will You Enjoy It?

There are literally dozens of bounce exercise that can be done. Bouncing to music is even more fun and when the music is on, time passes almost unnoticed. It's a good way to learn rhythm and dance.

### Will It Fit Easily Into Your Schedule?

You can bounce while watching TV, listening to the radio or talking on the phone, because REBOUNDING is so efficient you can spend less time at it and get more benefits than if you spent the same time jogging, bicycling or swimming. Besides, it's a lot of fun and you'll find yourself making time for it.

We're sure you'll enjoy REBOUNDING and that it can be your answer to good health and sound physical fitness.

REBOUNDERS - \$140.00 (in New Jersey \$156.20)

Realizations, 10 N. 13th St., Phila., Pa. 19107  
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Letters to the Editor will be accepted.

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## COLDS CAN RAISE CONSCIOUSNESS

by

Karen Carlson

(Editor's Note: Karen Carlson is a journalist specializing in holistic natural health. Working towards a degree in naturopathic medicine, she has a B.A. and is certified as a massage therapist, a reflexologist, and a Touch For Health instructor. She also conducts personal and group workshops in basic nutrition.)

The process of overcoming colds, flu, and the grippe can actually be pleasant. It can even contribute greatly to your health and vitality, and raise your consciousness.

What I mean by "colds, flu and the grippe" are occasional body conditions with symptoms like a running or stuffed up nose, coughing, headache, aching joints, fever, etc.

These conditions occur more in winter when our resistance is generally lower. When overworked, our resistance gets overwhelmed from time to time.

During resistance overwhelm, you have the choice to cleanse and strengthen your defense system or merely relieve the symptoms.

Popping or sniffing nasal decongestants and taking antibiotics may relieve symptoms (like drying swollen membranes), and may even kill invading germs. But they don't correct the weaknesses that let those invaders in, in the first place.

Also, you have added another stress--a foreign substance to dispose of--which further taxes your weakened system. You may, therefore, fall prey to the next passing germ.

To strengthen body resistance is simple. Just reduce stress. That contributes immensely to health and vitality as mentioned in paragraph one.

\*\*\*

### What Makes a training work?

For advice from experienced trainers and trainees call Realizations at (609)546-5781.

Since reducing stress is not too easy (although it is simple), that's where you get to develop your consciousness, from which you will certainly benefit, as also suggested in paragraph one.

Reduce stress by going to bed. Think positively.  
Drink pure water. Eat simply and lightly.

You'll end up feeling great. And you'll be in much better shape to resist another attack.

(continued on p. 30)

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Special thanks to the members of the Realizations Advisory Board, the Board of Consultants, and the trainees in the Creation seminar.

Editor - David-Walter Geist

## TOM THUMB BACK MASSAGE

At the office, while you drive, anywhere you can be comfortably seated, the Tom Thumb Back Massager's smooth contours press into tense back muscles like the thumbs of a masseur. Scientifically designed to release accumulated muscle tension and to relieve the minor aches and pains of the back that go with it, Tom Thumb is both easy to use and effective.

Just slip Tom Thumb behind your back so that its two, round bumps straddle your spine. Now gently lean back against any cushioned seat and let the contoured shape of the massager sink deeply into the muscles of your back. The soreness already present in a tense muscle may cause you initial discomfort, but this will disappear as the Massager eases and relieves tension.

You can leave the Massager against your back for short or long periods of time or move it along the spine to different points of tension. The Tom Thumb stimulates the central area of the back where, according to ancient Chinese, Indian and Hopi cultures, the most fundamental and important tracts of subtle energy are located.

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HELP WANTED - create a New Age dictionary. Write to REALIZATIONS for info.



## PROSPERITY TRAINING SEMINARS

by

Lenn Snyder

Prosperity Training Seminars (PTS) is a program generated by the dreams, experiences and personal learnings of three area psychotherapists, Helen Beard Corson, Larry Kaiden and Lenn Snyder. Philosophically, PTS is grounded in the root belief that the world is essentially a place of abundance and cooperation and that prosperity can not flourish when seen through the eyes of scarcity and competition.

Many people grow up believing prosperity is a mysterious something that comes from the outside, from parents initially and later from government and industry. This ingrained belief has, unfortunately, gotten in the way of discovering the truth about prosperity. The miracle of abundance is the natural birthright of each person and is not reserved for a few.

Prosperity Training Seminars are designed for participants to discover the relationship between their belief systems and their roadblocks to prosperity. The Training combines and utilizes a wide variety of new and established approaches to tap our existing resources and expand our awareness of prosperity. The results often include personal attitudinal change and increased profits and efficiency for business and individuals.

PTS offers a multi-faceted program including a three day educational training called "Making Prosperity Work." Additional programs include specialized trainings for business, in-house staff training and development seminars and motivational consultation services.

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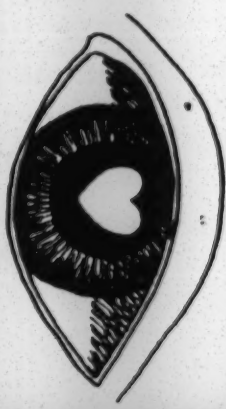
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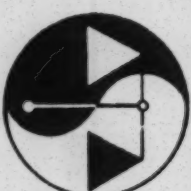
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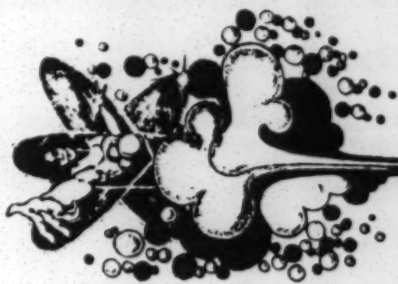
**TIME:** Wed., Thurs., Sun., Noon-2 p.m.

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"Everyone I know who took Silva Mind Control emerged from the twelve-hours-a-day-for-four-days course radically, permanently altered. On the positive side, all seemed more confident, more optimistic than before enrolling." May 2, 1975.

#### **The Boston Globe**

BOSTON, MASS.

"A psychologist for more than 40 years familiar with the phenomena of altered states of consciousness, actually took the Silva Mind Control course and called it 'a progressive, responsible and beneficial enterprise.'" August 20, 1972.

#### **The Dallas Morning News**

"Here are a few of the goodies Mind Control offers: mental and physical relaxation, elimination of tension, control of dreams to solve problems, memory improvement, increase of energy." July 22, 1973.

#### **Markmoiselle**

"How do I use it? Let me count the ways . . . to go to sleep . . . to wake up without clock, without pills. Anytime. On time. To relax, calm down, COPE. To memorize, remember, retain . . . or erase; a long shopping list. To help solve problems, mine, others. To concentrate on ONE thing, problem, vexation, at a time." March 1977.

#### **The Day**

"The amazing, almost scary thing is, it works. Students are trained to be 'functioning psychics' who can turn their ESP on or off at will. Students learn all this (and more) by learning to function in a natural state of mind: the alpha level." November 27, 1972.

#### **Family Circle**

"Several large corporations, colleges and welfare organizations have sent representatives to Mind Control. All reports indicate a more positive, creative attitude in the graduates. More specifically, Mind Control graduates told me they were able to relax, lose weight, quit smoking, find love and achieve goals that had been eluding them for years." August 1975.

#### **PLAYBOY**

"... mind control is a practical thing: It can be used for business . . . health . . . education . . . for better family understanding . . ." March 1975.

#### **BAZAAR**

"Creative visualization is really what's behind Mind Control; that is, whatever you can visualize, you can actualize," explains Richard Bach, Mind Control advocate and author of one of the hottest books in years, *Jonathan Livingston Seagull*." November 1972.

#### **LIFE**

"Even the doubters among us really did feel a mounting in sense of well being, both in class and out." April 20, 1972.

#### **THE PAWTUCKET TIMES**

"Long known as a million dollar insurance salesman in Pawtucket, Mr. Storin said that he and three others in his office who have gone into mind control undertook a test period. One of the four decided not to use it, but Mr. Storin and the other two who did, he said, have increased production for the whole staff by 490 per cent." April 6, 1972.

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## TRANSFORMING RELATIONSHIPS WITH NLP

### What is NLP?

Neuro-Linguistic Programming, NLP for short, is a model of communications. NLP not only allows you to increase self-awareness but to expand your flexibility in creating meaningful connections with people. Learning NLP can be valuable to you in shaping positive outcome with others whether at work or in your personal life. NLP offers a precise technology to identify patterns which affect the quality of your relationships and to change what is not useful. This article will illustrate and discuss in depth one important example of how to recognize a pattern and use the NLP technology.

### With the Best of Intentions...

The following conversation between Jay and Kathy is typical of the way people sound when they unsuccessfully attempt to clarify important aspects of their feelings for one another.

Jay - "I really want to understand how you look at things. I'm doing my best to see your point of view, but somehow, it just isn't clear to me."

Kathy- "Well, you just don't seem to tune in to what I say. I don't know if you're not listening or if we're not on the same wavelength. You come across to me as cold and detached when I want to feel warm and connected with you."

Jay - "I can see that you're picturing me in a way that I don't recognize in myself. I'm looking for ways to please you. Sometimes, I can't see any light at the end of the tunnel for us."

Both Jay and Kathy are sincerely trying to get the other to hear him or her. Each person is trying to get a grasp on what is really important to the other. Despite their best efforts, however, the future looks bleak for this couple.



### What People Say Tells you How They Think

Some of you reading Jay and Kathy's exchange may already have perceived significant differences between them. Many levels of interpretation are possible and might be useful to this pair. Unless you have been exposed to NLP training, however, you may not have noticed that Jay and Kathy are actually speaking different languages (note underlined words). Jay expresses himself entirely in visual terms whereas Kathy speaks of what she hears and feels.

One of the assumptions of the NLP model is that language is a direct product of a person's internal processing style. In other words, Jay not only talks in images, he thinks and experiences in images. Kathy not only talks of words and feelings, she thinks and experiences in these modes.

### NLP Magic

If Jay knew how to translate from his system into Kathy's, he might be able to tell her that he, "can hear how hard it is for her to get through her upset when he seems distant to her." Likewise, Kathy might be able to tell Jay that he, "looks to her like someone who doesn't want to show himself to her: that sometimes he seems to disappear into a fog when she needs to see he's there."

Translations of this kind can have a profound effect on the communications between two people. The change may be so rapid and complete that it seems like magic. If you could benefit from a little magic in your own relationships, listen closely to the language which you and others use. Translate when appropriate and see how it feels to make a positive difference for yourself and others.

For further information contact Realizations.

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## THE BEGINNING OF MIND CONTROL

by

Josh Lucchesi

It all began in Laredo Texas during 1944 when a concerned parent became interested in assisting his children in achieving higher grades through better study habits. The eventual outcome of this initial desire has been a positive force in the lives of over 3 million people throughout the world. The man is Jose Silva, the author and founder of the program that bears his name...the Silva Mind Control Method.

The research in mental control of brain wave activity began with the intention of using results to increase the IQ factor of participants. The guiding concept in the research was to learn to use lower brain frequencies with awareness and apply their greater energy to make stronger impressions on brain cells, since more information can be recalled when the information has been strongly impressed. Once psychological blockage is controlled, strong impressions of information on brain cells enhance retention and recall which are factors contributing to an increased IQ.

It is now a statement of fact that through the Silva Mind Control Method, a group of persons can be trained to function at lower, more stable, energetic and very valuable frequencies of the brain for specific applications. The valuable end results are that not only can a subject become aware of information relative to problems, but that he can also become aware of information relative to the solution of such problems.

Mr. Silva began to personally field test his method by traveling from city to city in Texas to see if the general public would accept this discovery and learn to use it. He taught a 4-hour program daily and sometimes twice a day, traveling over 5,000 miles a month to meet the demand. He found that people did accept and learn these techniques and other lecturers joined him. Now there are millions of graduates in over 55 foreign countries.



People of all ages and from all walks of life have enjoyed the benefits of learning to function with awareness at the Inner Conscious Levels for solving problems in areas of health, business, education and relationships. They have used it to solve all types of problems in their lives; from overcoming insomnia to inventing new products for the marketplace.

The story of Silva Mind Control continues today with an increasing number of exciting personal successes worldwide. The implications are staggering when one considers the many different ways that this type of training can benefit an individual. It is quite possible that learning to use the mind in this expanded way will place this generation on the leading edge of a great new phase of human evolution on this planet. Many of the basic concepts have already been engrained in the "holistic" philosophy of medicine and health maintenance. Many of the ideas formerly considered to be "far fetched" are now being supported and proven by independent researchers. From it's humble beginnings to the present day, the Silva Method and it's graduates continue to make this world better and better. Each person can learn to do the same in their own way by learning to use more of their mind.

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## DIETER'S DELIGHT

from a Doctor who has tried everything!

by

Dr. H.S. Kleinberg

I have been on a diet all my life and I don't believe there is a diet I haven't tried; from carbohydrates to calorie counting, from fasting to stuffing, from all protein to no protein and from Beverly Hills to Scarsdale to North Philly. There have been periods in my life when I have been successful dieting and managed to keep my weight at a comfortable level. However, even during these periods there was still something missing--I was uncomfortable about food.

When I became a physician and started my family practice, I had an opportunity to really examine all of the known diets. Patients would come in asking for diet pills and begging for a system or method to help them lose weight. I have been at my wits end talking to patients about the whys of over-eating--all to no avail. In my 15 years of medical experience, I have finally found a light at the end of the long, dreary 'what am I gonna do about my weight?' tunnel. The light goes by the name of "Simply Slim."

Simply Slim is an organization which was created by two women who have experienced tremendous difficulty about fat in their own lives. Out of their pain, frustration, suffering and knowledge, they bore this child. They have incorporated years of formal education, along with years of their individual personal pursuit in the form of nutritional therapy, body therapy, and non-traditional healing techniques, private practice in psychotherapy (individual, group, family), as well as specialized training in family therapy, biofeedback therapy, hypnosis and sex therapy.

(continued on p. 27)

\*\*\*

RECOMMENDED READING: PERSONAL FREEDOM, BY ARTHUR DEIKMAN, Grossman/Viking, 1976.

"A classic for its unique ability to make the subtle evident, the inspired accessible and the rational emotionally involving."

- Jim Bugental

The Simply Slim training is an awareness training that enables you to discover your natural slimness so that you experience satisfaction regarding food, your body and your life. During the periods in my life when my weight was controlled, but food wasn't, I had not achieved this purpose. How many of you have experienced or dealt with friends who have experienced a sense of discomfort about their weight? This discomfort may be manifested by insecurity, lack of confidence, and a feeling of overhanging doom. An example of this includes a person who feels that if she stops dieting she will go back to her old ways and be fat in no time; or those who say they are satisfied with their weight but get no satisfaction from eating. I also get it from slim people who don't believe that they are slim and do not experience satisfaction regarding their body and their life.

The Simply Slim organization is not interested in enrolling people in a get-slim-quick program and moreover discourages this mentality. They do not talk about dieting. They do not talk about losing weight. They do not talk about the need to get thin. This came as a shock to me who had either been on a diet or talked about dieting for 38 years. I am happy to report that since doing the Simply Slim training 6 months ago I have not dieted at all.

The only directions put forth by this organization are very simple: 1) Eat only if you are hungry. 2) Eat exactly what you want. 3) Stop when you are satisfied. These directions appear simple but if you take a close look you will see how hard they can be for overweight people. Look at how many people who don't give themselves a chance to discover if they are really hungry or not. They operate out of old programming in regard to food. They feel that they have to eat everything on their plates; they feel that if they don't eat they will be disapproved of; or they feel that if they don't eat it now they will never get another chance to eat it. These people are on "automatic programming." They have lost their ability to make their own program regarding food. For them to eat only when they are hungry or eat exactly what they want is contradictory to their automatic program. (continued on p. 37)



## LETTING GO

In the early 1940's, a talented entertainer cut a record containing the following lyrics:

"Let's talk of the veracity of Barrymore's sagacity,  
And why his drink capacity should get so much 'publicity.'  
Let's even have a huddle over Harvard  
'University,' but let's not talk about LOVE."

And people have been talking about it ever since!  
And talking...and talking...and singing the praises  
of it, and deploring the lack of it, and assuring  
us that what the world needs now is more of it.

However, nobody ever bothered to tell us where it  
is, or how to get there. So we spend endless hours  
flopping around, racing here and scampering there--  
listening to psychologists, investigating multi-  
tudinous religions, searching vainly for the secret  
map that will lead us to the buried treasure.

From childhood we are motivated by the illusion that  
love is something you find by looking for it, only  
to realize, alas, that love is not so much found...  
as uncovered. It's there all the time, waiting  
patiently to be discovered, sitting like a beautiful  
gift, resplendent in all its wrappings, right under  
our noses. The trouble is that it's carefully  
camouflaged by our blinding beliefs that we must  
earn it. We must deserve it...we must work for it.

Work for it indeed! Love is a gift, the "gift of  
love." We never work for a gift. A gift is free.  
The phrase, "free gift" is redundant, just as "free  
love" is redundant. To love is to be free. To be  
loved is to be free. Love liberates the giver and  
receiver equally. The greatest joy of all is know-  
ing that there is no limit to it. Why? Because we  
never actually give love as we give a gift. That  
would mean we had parted with it; it is no longer  
ours, having given it away. No, we don't give love.  
We share it.



And in doing this, by some strange anti-physical law, the more we share, the more comes to replace it. "My bounty is as boundless as the sea...my love as deep. The more I give to thee, the more I have; for both are infinite," says Shakespeare. And all this comes to us without our searching, almost without our asking. It comes to us when we have, in short, LET GO. When we stop holding on and trying to capture, or even more futile, recapture something. We hang on...grab tight...hold fast, and smother in our hand whatever we've cherished. We cannot share or receive with a clenched fist.

When we first learn to meditate we learn the power of letting go. We find that we soar with ease, by relaxing and not pushing, straining or concentrating. We discover that the way to the inner conscious is by way of letting go of the outer conscious. Easy...there you go. See what you can do when you don't try, when you let go of trying. The same thing holds true with letting go of emotions. Emotions are the outer level. They are judgment. When we let go of these emotions, what do we have? Nothing? A void? Indeed not. The residual that's left, simply by being, is something. And that one thing, to me, seems to be...love.

It's there when we have purged ourselves of all other feelings, when we're no longer striving to become something...and we just are. We've let go, and we just are...WE ARE LOVE. We've all known this glorious feeling. We've all felt, at some time or other, that there was nothing else but love. Why then are we unable to hang on to that feeling? Hear those words, "hang on," because this too must be let go. Love can't be chained or hoarded or imprisoned. It must be free...or it isn't love. To truly love another thing, we must allow it to go...and grow, or not, at its own rate. We each must grow, or wilt and die.

So it is with our projects. We give them thought and energy...seed and sunshine. And then, for their sake, because we love them and want them to flourish, we let them go...let them grow at their own rate. Oh, we come back and tend them regularly, water them, and give them love and encouragement. (continued on p. 37)

COLDS (continued from p. 15)

Going to bed means going to bed for rest. Don't read, or watch TV, or balance your checkbook, or make phone calls, or answer the door. Do relax, turn down your phone, doze, create nice thoughts, recall pleasant incidents. Stay warm.

Dream about a future. Mentally build castles, lounge on a tropical beach, or whatever turns you on. Listen to soft classical or meditative music. Watch nature from your window.

Avoid self pity. Turn your anger at the inconvenience into gratitude for opportunity to build a stronger mind and body. Let go of the I-can't-take-today-off baloney. Distract yourself from worry, and stop criticizing yourself.

Drink pure water. Spring water and distilled water are good. Throughout the day, sip from a mug of hot-water-plus-the-juice-and-pulp-of-a-lemon. Among other things this will provide high quality vitamin C.

Fluid intake is important in recovery because the body cleanses itself. It detoxifies by flushing harmful substances out in the urine.

Eat only if you are truly hungry. But be aware that boredom, fatigue, frustration, anxiety, and habit frequently masquerade as hunger. In most cases, while convalescing the body does not need much food. It has a more important task-namely, to fight a war.

If you need nourishment, eat a few grapefruit sections every ten or 15 minutes until the hunger messages diminish. Overeating is often stressful.

If you want orange juice, squeeze a fresh orange and slowly sip juice and pulp. It's good to thin it with some pure water. Don't add ice cubes or cold water--extreme food temperatures create stress.

If you prefer, chew well-soft brown rice and/or sip miso soup. These facilitate healing when the body needs nourishment.



Don't eat meat, dairy foods, fried or sweetened foods, nuts, soft drinks, dried fruits, caffeine or alcohol, flour or pasta products. (See what I mean about developing your consciousness?)

Depending on how run down you are, it will take one to five days of bed rest to work through the symptoms. You will feel restless before you have recovered, so you have to guard against relapse.

Boredom may talk you into doing all kinds of things prematurely—from cleaning the house to catching up on All your reading. BEWARE. Those first moments of feeling better are as fragile as the first winter freeze on the lake.

Here again, consciousness evolves as we use patience and wisdom to give our body time to gain strength. Your recovery and reentry process involves three stages. First, you have the symptoms and you stay in bed. In the second stage the symptoms are practically gone, but you stay in bed to strengthen your body. Finally, your reentry into normal activity should consist of several lightly scheduled, light-eating, early-to-bed days.

In general, for each day that you spend in bed with symptoms, you should plan to spend one day in bed to regain your strength. For example, if you're sick in bed for two days, stay two more to recover, scheduling the fifth and sixth days lightly with lots of extra sleep time at night.

One way to occupy your time constructively while allowing your body to go through this healing and strengthening process is to be a scientist. Make notes on what's going on with you and in you. For example, periodically record your temperature, pulse and fluid/food intake. Jot down philosophical insights (which seem to occur during altered states of consciousness). If you rest and relax, you may day dream.

At what point should you panic and run to the doctor, if you feel like you're dying? You may be so run down that you think you need to knock out a few zillion germs to give your body a fighting chance. Give the process at least three days. (continued on p. 32)



## COLDS (continued from p. 31)

If then you don't see any hope, just thinking about the forever wait in the doctor's office may be enough for you to stick it out right where you are. Otherwise go and wait, but take as little medication as necessary, and add two extra bed-days to the recovery formula given above.

This process of reducing stress to allow your body to overcome illness is a consciousness raising vehicle that builds resistance and creates more vitality--physically, emotionally and intellectually.

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(continued on p. 34)

## PRODUCTS IN HARMONY (continued from p. 33)

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<sup>2</sup>PV is a dollar and cents amount Shaklee assigns to each product. - It is used to determine the Suggested Cash Bonuses and other Shaklee benefits you can receive.

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## MY EXPERIENCE OF INSIGHT (continued from p. 10)

I want to give a gift to all is know  
It doesn't have to be flowers or symbols with bows  
All I need and they need-is for me to give  
So give out your love through your beautiful eyes  
And there will be no strangers left in disguise

Go for it! Give yourself a "10"  
And you will find life is heaven  
Bo Derek is a "10" only on the outside  
So be a "10" on the inside-don't hide!  
Today was the most incredible day  
The rest of my life can be this way  
I'm gonna live as if my heart will burst  
And in this race I'll be first  
So if I win-you win too!



READING LIST (continued from p. 7)

A PRACTICAL GUIDE TO DEATH AND DYING BY JOHN WHITE,  
Wheaton, IL; Theosophical Publishing, 1980.

- Stanley Krippner

AWARENESS THROUGH MOVEMENT, BY MOSHE FELDENKRAIS,  
Harper & Row, 1972

"Moshe's view of the meaning of consciousness, awareness and what learning is at its most fundamental. A scientific work of art."

BEYOND EGO: TRANSPERSONAL DIMENSIONS IN PSYCHOLOGY,  
BY ROGER WALSH AND FRANCES VAUGHAN, Tarcher, 1980.

"An excellent anthology."

- Kenneth Ring

"Best introduction to transpersonal Psychology we have."

- Ken Wilber

BUFFALO HEARTS, BY SUN BEAR, Bear Tribe Publications, 1974.

"Nature, philosophy and biography."

- Sun Bear & Wabun Bear

CO-EVOLUTION QUARTERLY, EDITED BY STEWART BRAND,  
Published Quarterly.

"Many reflections from the jewel net of India."

- Michael Searle

CULTURES BEYOND EARTH: THE ROLE OF ANTHROPOLOGY IN OUTER SPACE, EDITED BY MAGORAH MARUYAMA AND ARTHUR HARKINS, Vintage, 1975.

"A collection of works which speculate other types of cultural structures will be needed in space analysis of which of the current structures on earth could be applied in other realities and which cannot. A collection which provokes one to consider the inner exploration...A sneak preview into futuristic 'consciousness' applications."

- Angeles Arrien

SCIENTIFIC PROOF OF THE EXISTANCE OF GOD WILL SOON BE ANNOUNCED BY THE WHITE HOUSE, BY DA FREE JOHN,  
Middletown, CA: Dawn Horse Press, 1980.

- Stanley Krippner

(continued on p. 36)

CUTTING THROUGH SPIRITUAL MATERIALISM, BY CHOGYAM TRUNGPA, Shapbhal, 1973.

"An in-depth study of the essential stages in the spiritual path, set within the Buddhist context, but applicable outside it as well. Particularly for distinguishing a true teacher from a charlatan, and true surrendering from mere submission to authority."

- John Welwood

DIVIDING DEEP AND SURFACING, BY CAROL CHRIST, Beacon Press, 1980.

"Explores women's quest in identifying spirituality from a balanced perspective (instead of a male dominated perspective). Brings out the need for women's stories (other than as virgin, mother, or whore), and the lack of women's stories throughout history and the exciting challenge of presenting women's stories in today's world."

- Laura Goad

"Women are seeking for keys to their spiritual process. An exploration into women's literature can uncover important insights in this quest. Covers issues such as naming, refusing to be a victim, motherhood, and a vision of women's culture."

- Mary Lautner

HANDBOOK TO HIGHER CONSCIOUSNESS, BY KEN KEYES, JR. Living Love Publications, 1972.

"This is the basic text in the living love system. In addition to describing the twelve pathways, it introduces four other methods and the consciousness doubler for working on your addiction. It has chapters on applying these life-giving principles to different areas of your life. Countless people have experienced that their lives have changed dramatically from the time they began to use the practical methods explained in the Handbook to Higher Consciousness."

THE PRACTICE OF ASTROLOGY, BY DANE RUDYAR, Shambala Press, 1978.

"How to conceptualize astrology as a spiritual discipline (how to think of it), how its parts (signs, houses, planets) are related to the whole, and how to use it for spiritual growth."

- George Greer



LETTING GO (continued from p. 29)

But, if we hover over them waiting, expecting, demanding that they produce...nothing seems to happen. The miracle of birth and growth occur when we let go. We feel the joy, and we are free and able to move, unburdened by the load of self-inflicted responsibilities. Thoreau once said, "Man's true riches are measured by what he doesn't need"--what he can let go. Be the man who has everything...who needs nothing. Let go... nothing to fear. The least you can be left with is love.

\*\*\*

DELIGHT (continued from p.27)

These people need to get in touch with their "natural blueprint" of health and functioning and they need to regain the ability to listen to their body and be responsive to it. By simply following the eating instructions, and by taking a real close look at ourselves we can make incredible discoveries about ourselves. We can come to understand more of the 'whys' of our overeating.

\*\*\*

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## THE CENTER FOR WELL BEING

The Center for Well Being has been a pioneer in the field of holistic health in Philadelphia. Founded by Dr. Steven Small in June of 1980, the center has grown to be the most comprehensive in the city. A key word in the concept of the center is "professionalism". It is the center's goal to provide a highly professional setting where people can receive the finest in holistic health care from qualified and caring professionals.

The services include: Preventive Dentistry, Podiatry/ Sports Medicine, Comprehensive Nutritional Evaluation, Biofeedback, Counseling, Polarity Therapy, Alexander Technique, Therapeutic Massage, Foot Reflexology, Feldenkrais Movement, Rolfing, Body Synergy, and Revisioning. The Center for Well Being also serves as an educational facility, offering classes, workshops, lectures, and an information and referral line.

# Realizations

c/o Expressions

10 North 13th Street

Philadelphia, Pa. 19107



